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ABSTRACT

Part of a series of home literacy readers, written in a conversational style, and widely illustrated, this booklet is directed at the Alaskan environment where the severely cold climate makes frostbite an immediate danger. Frostbite is freezing of the living body. The first symptom is frostnip. Skin becomes red, then white or gray, and it retains indentations. Flesh may tingle, be numb, or feel hot. When the flesh has frozen solid and lost sensation it is frostbitten. The extremities are subject to loss from freezing since they are most readily exposed. Noses, hands, and feet can be warmed with palms, armpits, and belly. Similarly, body-heat, breath, wraps, tepid moving water, and warm liquids (but not liquor) can be used to thaw flesh without harm. Harmful, on the other hand, are tobacco smoking, heating frozen parts with dry heat (fire), rubbing them with or without snow, or refreezing them. Walking on frozen feet will not further harm the feet, but a thawed toe or foot makes a person a litter case. Internal organs freeze from drinking (liquid) liquor below water's freezing point of +32F: it freezes below -70F. The best treatment is preventive: wearing boots, layers of clothes, and wind-breaking head covers, not running in extreme cold, not putting mouth or hands to cold metal, and going inside upon feeling cold or pain. Waiting in a warm car on the road for help, and/or getting frostbite cases to a hospital also minimize frostbite risks. (SC)

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The Cripler

Frostbite

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The Crippler
Frostbite

by

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1977

Frostbite creeps up on you.

Frostbite can happen *fast!*

Or it can happen slowly.

It can happen and you don't even know it.

It can trick you!

It can happen when your body thinks it is warm!

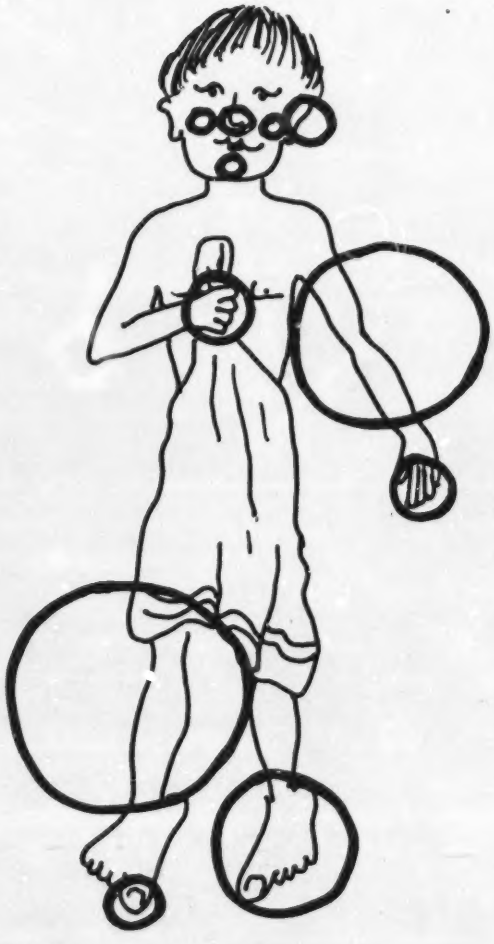
Frostbite can happen to **you!**

What is Frostbite?

When any part of your body freezes,

that's Frostbite

It can happen to fingers



toes

feet

hands

legs

arms

ears

nose

cheeks

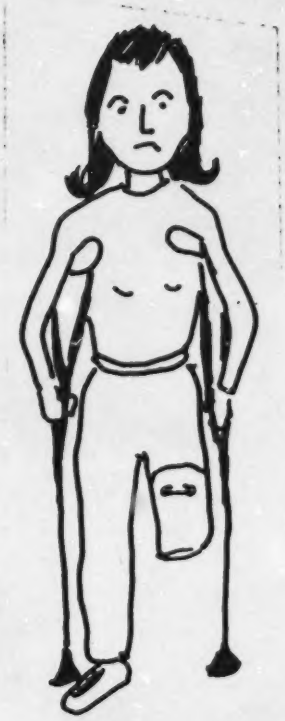
chin

throat

Fingers,

toes,

ears **can be lost!**



Even whole legs and arms

can be lost!

Frostbite is a crippler!

3 steps to Danger!

1. First you feel **pain**.

Pain tells you - you are getting cold.

Too fast!

2. After pain... you get **frostnip**

Frostnip is not bad.
You can care for frostnip on the trail.

3. If you don't take care of it

fast

you get

Frostbite

That's bad!

1. **Pain**

Skin gets bright red just **before** freezing.

2. **Frostnip**

Then skin gets gray or white.

When you press the skin, it stays pressed in.

You feel a burning tingle.

Your cheeks,

or chin,

or nose,

or fingers,

or toes get numb.

Then sometimes they suddenly feel **warm!**

If you feel any of these things,

The Crippler is creeping up!

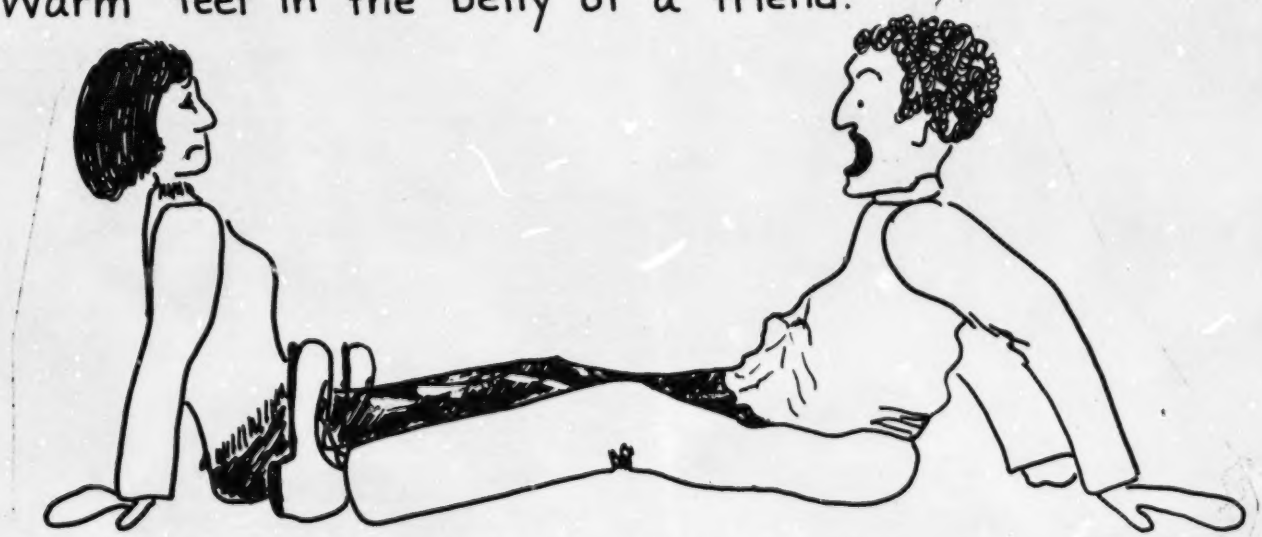
What **you** can do for Frostnip

1. Warm up! Fast!
2. Put a warm hand on frostnipped nose, chin, cheeks. Then **press**.

Don't rub!

3. Cup frostnipped fingers and blow on them.
4. Hold frostnipped fingers **still** in armpits —

5. For frostnipped toes and heels, take foot gear off. Warm feet in the belly of a friend.



Keep feet well covered.

You can care for frostnip on the trail.

3. Frostbite

The frostbitten part is frozen **solid**.

You cannot press it in.

It is like a rock or wood or metal.

The frostbitten part is gray or white.

There is no pain.

There is <u>no</u> <u>feeling</u> at all.

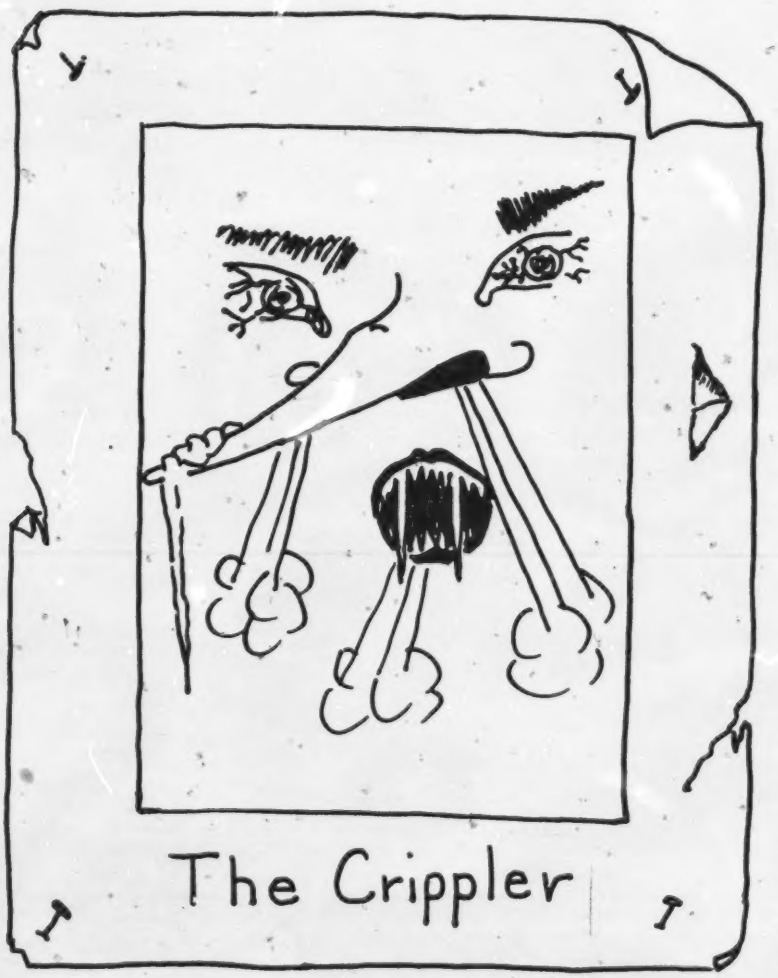
The Crippler Strikes

Take it from one who knows.
American Red Cross
Volunteer

Frostbite can happen to **you**!

It lurks in the cold.

It creeps up on you.



But you **can** beat it!

Don'ts for Frostbite

Don't rub the frozen part with snow.
Don't rub the frozen part at all!

Don't give the person liquor.

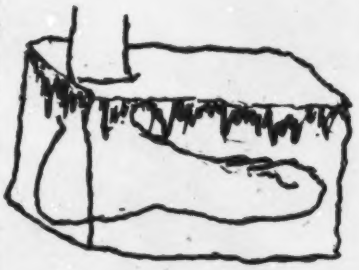
Don't let the person smoke.

Don't warm the frozen part in front of
an open fire,
an oven,
or any dry heat.

Don'ts for Frostbite

Don't thaw the frozen part...

Then let it **freeze** again!



Thawing and re-freezing cripples!

Don't try to thaw the part on the trail!

If a frozen toe or foot is **thawed** on the trail, the person is then a **litter case.**

He cannot walk on thawed feet!

If he has to walk to shelter it is better to walk on **frozen feet.**

A person can walk a long way on frozen feet. Walking does not hurt them more.

Do's for Frostbite

What you <u>can</u> do for frostbite.

1. Get the person to a hospital. Fast!
2. If you can't get the person to a hospital, get him to a warm shelter. Hurry!
3. Warm his whole body.
4. Wrap him in a warm sleeping bag or blankets.
5. Give him warm drinks.

No liquor!

6. Take all clothes off the frozen part.

7. Put the frozen part in a tub of **warm** water.

Not hot water !

8. Better yet.

Put the <u>person</u> in a tub of warm water.

9. Stir the water. **Don't rub the frozen part.**

10. **Then get the person to a hospital. Fast !**

Do not let the part freeze again.

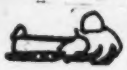
Beat Frostbite!

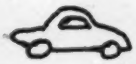
Here's what **you** can do.

1. Dress to walk.

When you go anywhere . . .

by dogs

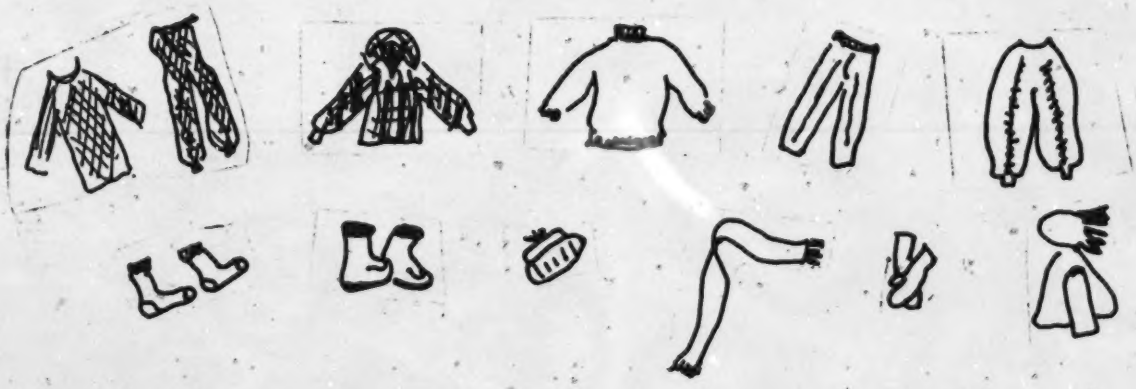
by sno-go 

by car 

by plane

You may have to walk out.

2. Wear layers of clothes.



You can take something off.

But you can't put it on if you don't have it.

3. **Keep your clothes loose.**

No tight boots.

No tight gloves.

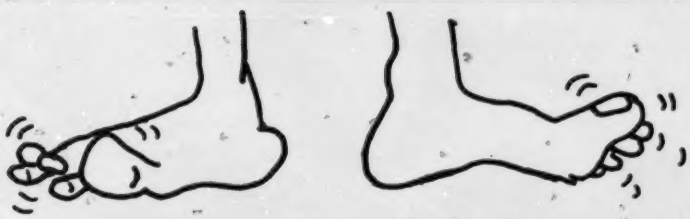
4. **Keep dry.**

Take dry clothes.

Take dry sox.

If you get wet or sweaty, **change!**

5. **Wiggle your toes often.**



If your toes hurt, **go in!**

If you can't **feel** them, **run in!**

Beat Frostbite

When you are out in sub-zero temperatures

1. **Don't** leave a warm car.

   If the motor can run, **wait** for help.

-25°

-40°

2. **Don't** touch **metal** with bare hands.
3. **Don't** get cold **fuel** on you.

4. **Don't** drink **liquor** that is colder than +32°.

   Liquor doesn't freeze until it is -70° or colder!

-45°

If you drink liquor colder than 32° it can **kill!**

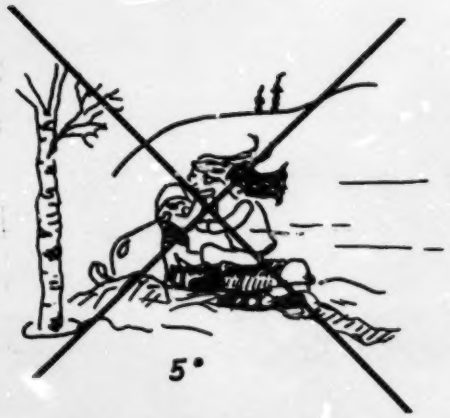
0°

5. **Don't** go out without **boots**.

   Even for a short ride!

6. **Don't** go out in **wind**
or on a fast ride
without hat and scarf.

Wind makes cold air colder.



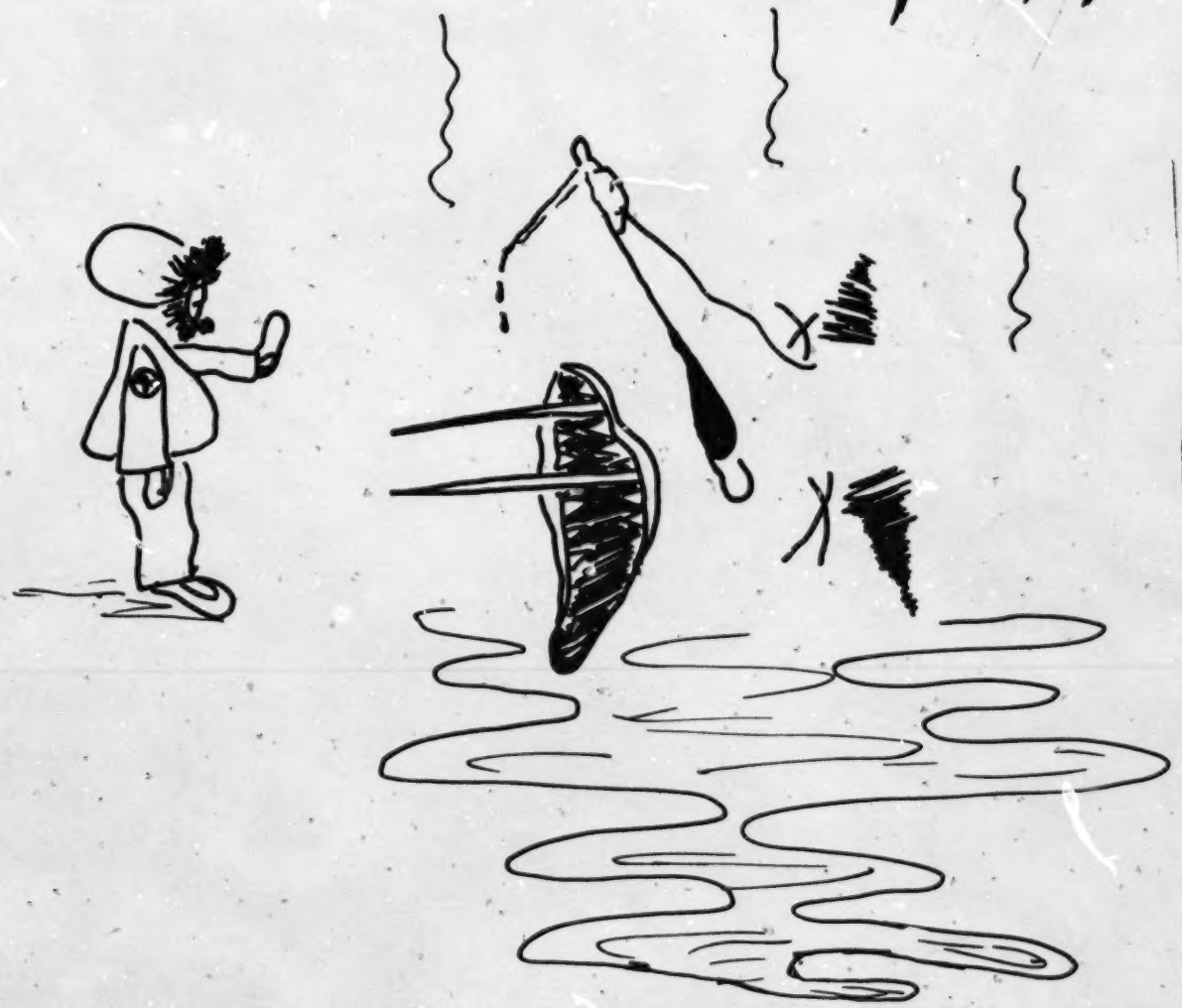
7. **Don't** touch metal with your **mouth.**

8. **Don't** be afraid to say you are cold.
Go in if you **feel cold**
or if you feel pain.

9. **Don't run** when it's colder than -20°.
If you have to move fast,
cover your mouth and nose with
a scarf.

You can beat it!

Beat The Cripplen



Frostbite